

NORTH
GLENGARRY
NORD

Ontario's Celtic Heartland
Le centre celtique de l'Ontario

REGISTER ONLINE
northglengarry.ca

IN PERSON
April 24th before class



Maxville

NIGHT YOGA CLASS!

TUESDAYS & THURSDAYS

APRIL 24TH TO JUNE 12TH

6:30 PM

No class on the following dates: Tuesdays, May 13 & 27, June 10

\$45

Tuesday classes with Genevieve Lortie

Gen's teaching style is warm and approachable, specializing in Hatha Yoga for beginners to intermediate students. Offering a variety of modifications for each pose, she ensures that every student can find an option that suits their level. With a heart-centered approach and a touch of humor, Gen fosters a relaxed and supportive environment where students feel encouraged and comfortable as they deepen their practice.

Thursday classes with Karen Pattington

Karen teaches Hatha Yoga, focusing on physical postures (asanas), breath control (pranayama), and meditation to create balance between the body and mind. This approach improves strength, flexibility, and mental clarity, offering a slower-paced practice suitable for beginners through advanced practitioners. As a certified Somatic Yoga teacher, Karen integrates body awareness and mindful movement into classes to release tension, improve mobility, and promote overall well-being. This more exploratory style is particularly beneficial for those looking to deepen body awareness or heal from trauma.

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25 Fair Street, Maxville

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